

## **Abstract**

### **Introduction**

Colic is known with a set of symptoms such as abrupt abdominal pain, with intestinal origin probably and severe crying which occurs usually in an infants under 3 month. These symptoms are diagnosed with sudden and unjustifiable periods of crying that continued more than 3 hours in day, more than 3 days in week and 3 weeks in a normal baby whom well be nourished. With regard to high prevalence of infant colic and so these attacks are stressful for parents as it led to absence them in work, we endeavored in this study investigate the effects of lactase enzyme which is a wholesomeness material, on infant colic attacks.

### **Material and Methods**

Current study is a kind of randomized clinical double blind clinical trial. In this study 50 infants were investigated whom were referred to BU-Ali Hospital because of inordinate crying and infant colic were diagnosed for them. These infants were divided to two groups. During 7 days the lactase solution were given to group A and placebo to group B. Based on questioners, in the end of seventh day, severity, symptoms and crying multiplicity in each group are evaluated and recorded. Then for 2 days the patients of each group werenot given medicine and placebo (wash out period) after this period for 7 days, are medicated placebo to group A and lactase solution to group B (cross) and in seventh day end, symptoms of patients are evaluated and recorded in questioners again. Afterwards information were entered to SPSS and analyzed.

## **Results**

In this study age average of these infants is  $48.70 \pm 20.58$ . The crying multiplicity of infants before the treatment period was  $7.04 \pm 3.67$  in day. Severity of crying in LP and PL groups are  $7.88 \pm 1.36$  and  $7.76 \pm 1.30$  respectively. The mean of duration the infant's crying during the day in LP and PL groups are  $4.32 \pm 1.26$  and  $4.22 \pm 1.21$  hours respectively. After finishing the first treatment period, was observed a significant difference in changing the crying multiplicity and duration between these 2 groups, but no difference in changing the crying severity. After finishing the second treatment period was also observed a significant difference in changing the crying multiplicity between these 2 groups but no difference in changing the crying severity and duration to.

## **Conclusion**

Lactase can be an effective medicine in decreasing the symptoms of these infants relatively, but one of the reasons in decreasing the symptoms of these infants can be lapse and spontaneous improvement in these patients probably.

**Key Word:** Lactase enzyme, Colic, Infantile.